



Graduation and Post Secondary Planning

Credit Hour System

Credit Hours begin in grade 10

One course equals 4 credit hours

There are 80 compulsory credit hours (20 courses). More info to come on the specifics for this requirement

Students require 100 credit hours (25 courses) to meet minimum requirements for graduation

Between grade 10 and the end of grade 12, students will attempt 120 credit hours (30 courses). This gives you a safety net of 5 courses.

Tracking your Credits (Page 4-5 of your guidebook)

- [Graduation Requirements - Fredericton High School](#)

GRAD REQUIREMENT: PAY ATTENTION

“CAREER LIFE PLAN” is a Graduation Requirement

The requirements are covered through 3 means (**all 3** parts must be completed):

- 1) Personal Wellness (taken in Grade 9)
- 2) one of the courses listed below
- 3) Interview in Grade 12 with a School Counsellor

Courses that meet this requirement are as follows:

- Personal Development & Career Planning (now a retired course)
- Skills for Success 120 (formerly called Growth Goals & Grit 120)
- Career Mentorship Pathway (formerly called Cooperative Education 120)
- Career Pathway Design
- Career Connected Experiences (EAL students)

Course Leveling and Academic Expectations

A Guide to Graduation, University and College Admissions

Choosing the right courses is a significant decision. As you navigate your selections, consider the following four pillars to ensure a balanced and successful academic year.

1. Graduation Requirements

Review the compulsory credits outlined on **page 4** of the course guidebook. You must pass these specific courses to be eligible for graduation.

2. Post-Secondary Requirements

Colleges and universities set unique admission standards for different programs.

- **Action Step:** Double-check specific requirements directly via college and university websites.
- **Support:** If you are unsure, reach out to university admissions offices, recruiters, or schedule a meeting with your school counselor to discuss how your choices align with your goals.

3. Personal Strengths and Schedule

Select courses that offer a healthy level of challenge without becoming overwhelming.

- **Balance:** Strive for academic growth, but account for your "whole-life" schedule, including family responsibilities, extracurriculars, part-time work, and your social life.
- **Sustainability:** Avoid overextending yourself to the point of burnout.

4. Course Levels and Coding

Every Grade 11 and 12 course is identified by a three-digit code.

- **The first two digits** indicate the grade level.
- **The third digit** indicates the level of difficulty.
- *Example: 112* = eleven two

Understanding Subject Levels

Advanced Placement (AP) courses offer the highest level of academic rigor. Levelled courses (1, 2, 3, and 0) provide different pathways based on your career goals.

Course Levels

Level 1 (111, 121) is enriched. It's faster-paced and offers more depth. Anticipate a heavy workload and an expectation for a high-quality student work.

Level 2 (112, 122) is academic. This is generally accepted for University admissions.

Level 3 (113, 123) is a more applied approach. It is accepted for most college admissions

Level 0 (110, 120) is unique—these courses present varying degrees of challenge. Please consult the course guide for descriptions. TIP: Don't assume level 0 can be used for university admission. Always check the university website for specific admission course requirements.

General Expectations for Levelled Courses

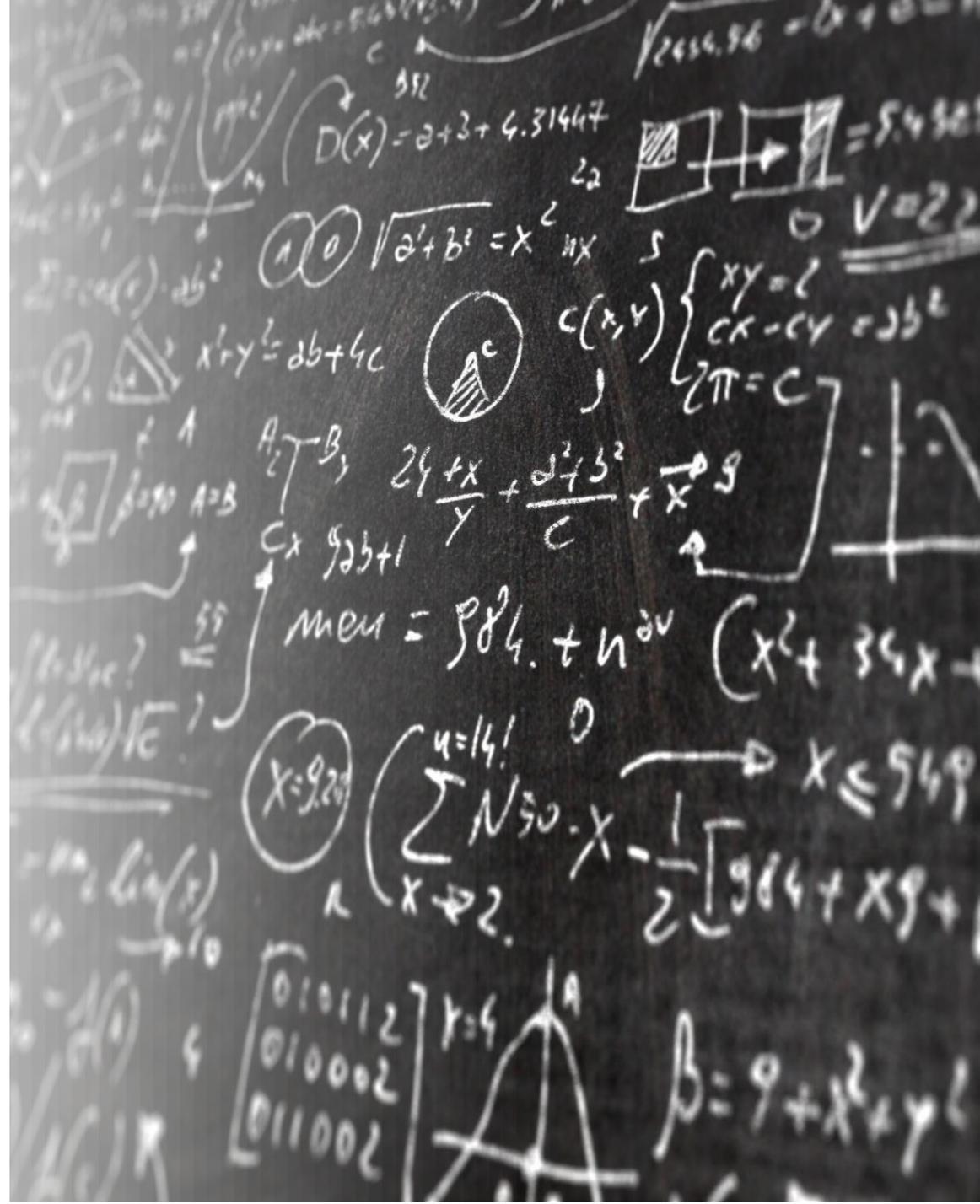
Subject	Level 1 (Enriched)	Level 2 (Academic)	Level 3 (General)
English	Intensive independent reading with a strong focus on critical interpretation and sophisticated, research-supported writing. Designed for highly capable English students seeking a rigorous challenge.	A balanced study of literature and composition that builds solid analytical and writing skills. Ideal preparation for most university programs.	Emphasizes practical reading, writing, and communication skills useful for everyday life and the workplace. Suitable for students who need an English credit but do not plan to pursue a university path.
History/Social Studies	Deep dive into primary sources; extensive research, persuasive writing, and thinking deeply.	Focus on historical trends; develops analytical reading, writing, and thinking skills.	Emphasis on practical historical knowledge and community events.
Science	Fast-paced; heavy emphasis on mathematical application and theory. Possible independent study of content facilitated by teachers which includes APA formatted research papers along with performing self-directed experiments.	Standard academic curriculum; prepares for post-secondary science prerequisites. Designed for those with an interest in the sciences	<i>There are no level 3 Science courses.</i>

Math Pathway Considerations

Pathway	Post-Secondary Alignment	Grade 10	Grade 11	Grade 12
Pathway 1	Trades, Firefighting, Policing, Military, practical nurse, Bachelor of Arts	GMF 10	Finance & Workplace 110	Finance 120 or NBCC Trades Math 120
Pathway 2	Technical Diplomas, Trades, Bachelor of Arts	GMF 10 & NRF 10	Foundations 110	Choice if interest and timetable allow for it.
Pathway 3	Bachelor Nursing, Rec and Sport Studies, Some Bachelor of Business programs, Bachelor of Arts	GMF 10 & NRF 10	Foundations 110, Pre-Calc 110 or Foundations 120	Choice if interest and timetable allow for it
Pathway 4	Most University Degree Programs (North America)	GMF 10 & NRF 10	Foundations 110 & Pre-Calc 110	Pre-Calc 120A & 120B
Pathway 5	STEM (Science, Tech, Engineering, Math) Foundation. Calculus 120 is required for some universities.	GMF 10 & NRF 10	Foundations 110 & Pre-Calc 110	Pre-Calc 120A/B & Calculus 120
Pathway 6	Advanced STEM & potential University Credit	GMF 10 & NRF 10	Foundations 110 & Pre-Calc 110	AP Calculus (Full Year and Includes Pre-Calc 120 A & B and Calculus 120)

Pre Cal A/B Block & AP Calculus Notes

- ❑ Select Pre Calculus 12A, Pre Calculus 12B, and Calculus 120 = being put in **BLOCK** (Pre Cal 12A and 12B linked together for 2 periods Semester 1, then Calculus 120 Semester 2)
- ❑ AP Calculus: covers Pre Cal 120A, Pre Cal 120B, & Calculus 120 in **2** periods (full year, ie., period 5 both semesters) instead of 3 periods.
 - ❑ If interested in this option you must express your interest to your Pre Cal 110 teacher. Near end of semester the following will be reviewed to determine class list: marks, work ethic, effort, attendance.



PowerSchool Notes

"FSL" is being retired and all courses will be changed to "FI" over the Summer. It all shows as FI in our guide to reflect this, however, you may notice that some show as FSL still in PowerSchool when you are selecting (in case you are having trouble finding the course)

Not all electives are an option in "Alternate" as some are limited enrollment classes (for example, Skilled Trades courses, Outdoor Education, Physical Education through Sport 110, Sport & Rec. Leadership 120, etc.)

Using Power School to Select Courses

- <https://www.youtube.com/watch?v=ZIGND9-mRFk&feature=youtu.be>

Courses that Require an Application

Online Applications (LINK)	Paper Applications (available in Guidance Office)
Outdoor Education 110 Outdoor Education 120 Sport and Recreational Leadership 120 Phys Ed Through Sport 110: Hockey or Basketball Personal Interest 1 Personal Interest 2	English 111 English 121 AP Biology 12 AP Statistics Career Pathway Mentorship (4, 8, or 12 Credit Hr)

[Forms: Course Selection for Grade 10 and 11 Students - Fredericton High School](#)

Post Secondary: Life after High School



Many Options for your Next Step

-
- **Workplace**
 - **Apprenticeship**
 - **Military**
 - **College**
 - **University**

EARN
WHILE
YOU
LEARN

01

You can register as a pre-apprentice while in high school taking trades courses

02

High School Diploma needed to be part of Apprenticeship Program

03

[Link to Interprovincial Red Seal Occupations](#)



Apprenticeship

- **Non-Commissioned Member (NCM)**

High School Graduation and Aptitude Testing

- **Officer Training - University Entrance Requirements**

Canadian Military Colleges (CMCs) – the Royal Military College of Canada (RMC) in Kingston, Ontario, and Royal Military College Saint-Jean (RMC Saint-Jean) in Saint-Jean-sur-Richelieu, Quebec

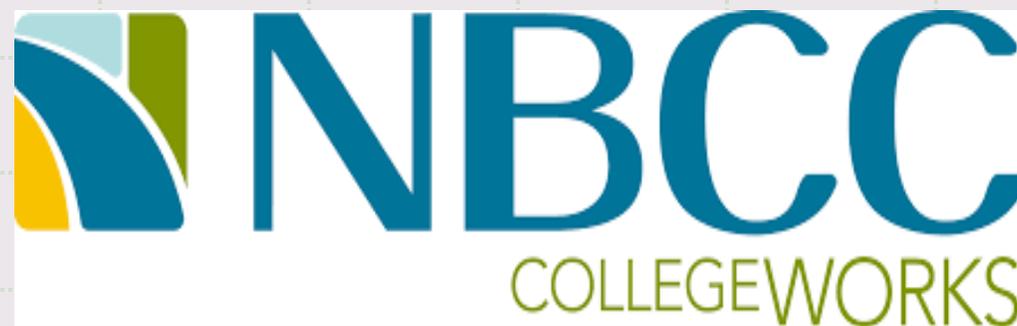
- **[Joining the Forces](#) (Link with Qualifications for both Routes)**



**Military:
2 Routes
to Join**

College diploma

- Job/Career specific training
- Usually, 1-2 years (1 year: certificate, 2 year: diploma)
- Usually, a daily routine—resembling a workday
- Often have Co-op or apprenticeship components
- There are some NBCC articulation agreements with universities (2+2)
- Public (\$) vs Private (\$\$)



NBCC Requirements



ELECTRICAL: CONSTRUCTION

High School Diploma



RESPIRATORY THERAPY

High School Diploma

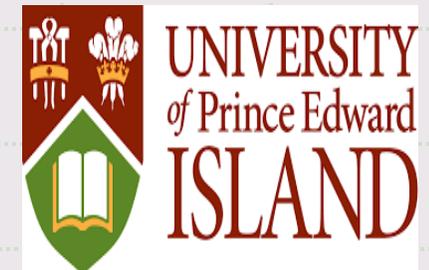
Foundations of Math 110

Pre-Calculus 110

3 Sciences from: Biology 112 or 122,
Chemistry 112 or 122, Physics 112 or 122

University (Bachelor or Undergraduate) Degree

- Usually, 4-year programs (Sept-Apr)
- Usually, a blend of day and evening classes 1 to 3 times per week. 3 hours of instruction per course each week. Full time is typically 5 courses per semester.
- Not usually job specific
- Driven by research
- Usually a higher tuition cost



UNB Requirements: Arts vs Science

Note: Group 1, 2, 3, 4 electives listed on back inside cover of Course Selection Guide for reference

Admission Requirements Comparison

Requirement 	Bachelor of Arts (BA)	Bachelor of Science (BSc)
Min. Admission Average	65%	75%
English Requirement	English 122 (min. 60%)	English 122 (passing grade)
Math Requirement	No specific senior math required	Pre-Calculus A 120 AND B 120
Science Requirement	None required	Chemistry 122 + 1 of Biology, Physics, or Geology
Electives	4 from Group 1, 1 from Group 1, 2, or 3	1 from Group 1 or 2
Note on Averages	Overall average must be 65%+	Average of Pre-Calc, Chem, and best Science must be 75%+

University

- Admission requires specific Level 2 courses, as well as certain marks
- Each University has their own requirements: **NEVER ASSUME**, Check each university that you are considering. If their website is not clear, contact their school to see which electives they accept



Post Grad (Some Local NB Options)

[NBCC Full-Time Programs](#)

[The apprenticeship and occupational certification program - gnb.ca](#)

[Undergraduate Admission Requirements | UNB](#)

[Bachelor of Arts - St Thomas University](#)

[Apply Now | Canadian Armed Forces](#)

[Gap year resources, programs and events in Canada | CanGap Association](#)

[Working NB | PETL Working NB](#)

[myBlueprint.ca | Home](#)

Post Secondary Considerations



Cost and debt



Job Market



Program Prerequisites (All institutions have their own criteria)



Financial Considerations \$\$\$\$

If you know that you will require student loans, consider the most cost-effective way to earn your Diploma or Degree.

Costs: Tuition

UNB Fredericton

2025-2026 Tuition & Fees (effective September 1, 2025)

Undergraduate Full-Time
Degree Program: Arts

	Student attending both terms		
	FALL	WINTER	Total
	Fees Due: Sept 15/25	Fees Due: Jan 19/26	
Domestic			
Tuition	4,454.00	4,454.00	8,908.00
Fees ¹	388.00	388.00	776.00
Student Union Health	235.00	-	235.00
Student Union Dental	140.00	-	140.00
Total for Domestic Students:	5,217.00	4,842.00	10,059.00

Residence Costs(UNB): This is for school year only (about 8 months). If you stay home this is not a factor!

Classic Residence (Bridges, Harrison, Mackenzie and Lady Beaverbrook)

Double

\$6,345 yearly

\$3,320 fall

\$2,225 winter

Single

\$8,323 yearly

\$4,507 fall

\$3,016 winter

Super Single/Special Single

\$9,037 yearly

\$4,935 fall

\$3,302 winter

Costs: Meal Card (UNB)

Required meal plan (choices)

7 Day Plan (includes \$100 cash)	\$5,997 yearly \$3,048 fall \$2,949 winter
7 Day Plus Plan (includes \$300 cash)	\$6,197 yearly \$3,248 fall \$2,949 winter
7 Day Max Plan (includes \$550 cash)	\$6,447 yearly \$3,498 fall \$2,949 winter

Totals (note that textbooks, recreation etc have not been included)

- Tuition: \$10 059
- Residence: \$6345 (double occupancy)
- Meal Plan: \$5997 (cheapest plan)

- Total: \$22 401
- Total (4 years): \$89 604

NBCC Tuition (no living accommodation plans)



PROGRAMS & COURSES ▾

ADMISSIONS & FINANCES ▾

STUDENT SERVICES ▾

WHY

Full-Time Tuition & Fees (2025-26)

(Tuition, fees, and other costs are subject to change at any time.)

Tuition & Supplementary International Fees *

All amounts in Canadian dollars

Term	Canadian/Permanent Resident Student	International Student
Fall Term	\$1,794.00	\$5,020.00
Winter Term	\$1,794.00	\$5,020.00
Total Tuition	\$3,588.00	\$10,040.00



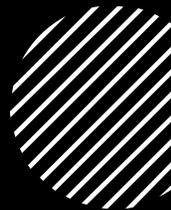
NBCC Totals (textbooks and living expenses not included)

- Tuition: \$3588
- Total (assuming 2 year program): \$7176





Please
consider



Debt



Career prospects



Future goals beyond college/university



Staying home if the program is offered locally (reduce your costs so that you have more cash flow in the future!)

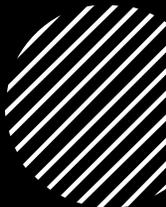
Important!

Try something out of your comfort zone. We have many opportunities available for students who want to try learning a new skill, or to see if a career path is the right fit. You have space in your schedule to explore interests that are not necessarily tied to a future career!





Next Steps



Review your plan to ensure you have a pathway that meets graduation criteria as well as your future career plans.



Get subject teacher feedback about a course that you are considering that may present new challenges.

Consider speaking to your school counsellor.



Select courses carefully. Your selections determine next year's course offerings. Making course changes next year is not always possible due to availability, conflicting course times etc.

Important Dates	Event Description
February 17	Parent presentation TMT. St Thomas, UNB, and NBCC will be in attendance to answer questions.
February 18	Period 4 TMT for Grade 11 students: review information, discuss college, university, trades, apprenticeship, GAP years, student loans and debt.
February 23-24	<u>Course Selection days</u> . Choose courses in PowerSchool <i>and</i> complete selection paperwork to be submitted to Homeroom teacher
February 27	PowerSchool course selection closes for students.
March 16	Course verification day (does the printout accurately reflect your selections).
March 27	PowerSchool closed for counsellors to make changes to student selections.



Grades 10 & 11 Students will select courses in PS and **submit a paper copy of selections to Homeroom teacher (February 23/24)**

<https://sisasdw.nbed.nb.ca/public/home.html>



If you selected something in error or need some guidance on some choices School Counsellors can edit your selections **until March 27th.**

School
Counsellors

Mr. Cook (A-B)

Mrs. Hamilton (C, D, F)

Mr. Van Stone (G-K)

Mr. Dionne (L-N)

Mrs. Maxwell (O-Sh)

Mrs. Bray (E, Si-Z)